

about the author

Charlotte E. Avery is the wife of Rev. Roderick E. Avery. Since the birth of her son Lemuel Eugene, she has held the distinguished title of Mommy for five years. Thirteen months after the birth of her son, Abigail Charlotte was born. During the writing of this book, Charlotte was expecting a third bundle of joy that was lost to miscarriage. Four months following the loss of her third child, she was blessed to be expecting Gabrielle Love.

Charlotte is a self-professed comedian. She loves to laugh and make other people laugh. She does her best to find the humor in all things. She is a “keep it real, tell it like it is” kind of girl. Charlotte is a “girl’s girl” and a “lady’s lady.” Like most moms, Charlotte is a multi-tasker. She can switch hats at the drop of a dime to get “the job” done. While life pulls her in many directions, she lives by the following principles:

- God and family first. That IS NOT an option. At the beginning, middle, and end of the day, that is all you have.
- Make time for yourself. Your family will love you for it.
- Whoever said that being a mommy means putting yourself last lied.
- Mommy is not spelled P-E-R-F-E-C-T.
- Learn how to say NO and not feel bad about it.
- Be your best self because other lives are depending on you.
- Stay in shape, take good care of yourself spiritually, mentally, and physically, and stay fabulous. Motherhood is not the time to fall to pieces.
- Motherhood is not for the faint of heart or suckers.

While being a wife and mommy have been two of her greatest accomplishments, Charlotte earned a Master of Sports Science degree in Sports Medicine from the United States Sports Academy in Daphne, Alabama and a Bachelors of Science degree in Therapeutic Recreation from Hampton University in Hampton, Virginia. She is also a licensed minister and holds a Certificate of Biblical Studies from Calvary Bible Institute in Washington, DC. She currently serves as the President and CEO of Mythikos Mommy LLC.

